

ABSTRACT

ABIDAH HANA KAMILAH. 2023. *Analysis of Nutrient Content, Antioxidant Activity and Organoleptic Quality of Coriander Seeds and White Ginger Tea Bags as Functional Drinks for Hypertension*. SKRIPSI. Politeknik Kesehatan Kemenkes Malang. Supervisor: Ir. Astutik Pudjirahaju, M.Si and Maryam Razak, STP., M.Si

The prevalence of high blood pressure in Indonesia increased to 34.1% by 2018. High blood pressure can be caused by an unhealthy diet, including high sodium intake. Therefore, potassium and antioxidants intake is needed to lower blood pressure. The Objective of this study is to analyze the nutritional quality (moisture content, ash content, potassium content, and antioxidant activity) and organoleptic quality (color, aroma, and taste) of coriander seeds and white ginger tea bags as functional drinks for people with hypertension. The study method used experimental research with Completely Randomized Design (CRD) using three treatment levels. Making tea bags using coriander seeds and white ginger dried in the oven. The ratio of coriander seeds and white ginger used in this study is P₁ (55:45), P₂ (50:50), and P₃ (45:55). As a results, the water content and ash content of the coriander seeds and white ginger teabags formulation have met the Goods Quality Testing and Certification Center (2010) standards for tea bags. Based on the calculated value, the highest potassium level was in P₁ (55:45) at 1151.47 mg. The IC50 value in the coriander seed and white ginger tea bags formulation shows very strong antioxidant properties. The results of the organoleptic test for color, aroma, and taste showed that P₂ (50:50) had the highest level of panelist preference. Conclusion of the study, the best formulation of coriander seeds and white ginger tea bags as a functional drink for people with hypertension is P₂ (50:50).

Keywords: tea bags; coriander seed; white ginger; hypertension.